

COVID-19 Checklist for Farm Workers

Protecting Against COVID-19

The best way to prevent COVID-19 is to avoid being exposed to the virus that causes the disease. The virus is thought to spread primarily:

- From person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or speaks.
- By droplets landing in the mouths or noses of people who are nearby or possibly being inhaled into the lungs.

People may spread the disease even if they aren't sick, so it is important to protect yourself at all times.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all farm workers take the following precautions.

GENERAL PREVENTION

- ☒ Stay 6 feet from others whenever possible, including while working and in living quarters.
- ☒ Don't touch each other, even to say hello.
- ☒ Do the following:
 - Wash hands with soap and water for at least 20 seconds multiple times daily. Hand sanitizer with at least 60% alcohol can be used if soap and water are not available.
 - Don't touch your eyes, nose, or mouth with unwashed hands.
 - Cover coughs/sneezes with a tissue or the inside of your elbow. Immediately place used tissues in the trash and wash hands.
 - Cover your nose, mouth, and chin with a cloth face covering when around others. Wash the covering after each use.
 - Cloth face coverings should never be placed on children younger than two, anyone who has trouble breathing, or anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
 - Regularly clean and disinfect frequently touched surfaces in both work and living areas. This includes doorknobs, light switches, countertops, tables, handles, desks, phones, keyboards,

toilets, faucets, and sinks. Use a household cleaner or wipe.

AT WORK

- ☒ If you have a thermometer, check your temperature each day before going to work. If your temperature is 100.4 F or higher, do not go to work and contact your supervisor. Disinfect the thermometer between uses. Never share an oral/mouth thermometer.
- ☒ Also monitor yourself for cough or shortness of breath and stay home if sick. If you become sick at work, tell your boss, and go home immediately. Contact a healthcare provider. If you don't have one, tell your supervisor.
- ☒ If you use a timeclock, clean your hands before and after clocking in and out. If you must stand in line, stay 6 feet from all others.
- ☒ If your employer provides masks or gloves, ask to be trained in how to use them. An employer-provided mask can be used instead of a cloth face covering.
- ☒ Clean and sanitize indoor workspaces, if feasible, before, during and after your shift. Pay special attention to high-touch surfaces. This includes door handles, light switches, bathrooms, breakroom/kitchen appliances, tables and chairs.
- ☒ Do not share tools or other work materials or personal materials. If you must share, disinfect the items before and after you use them.
- ☒ If you drink water from a cooler or other common site, clean your hands before and after drinking. Never share a bottle or cup.
- ☒ Do not congregate in common areas, such as breakrooms or kitchens.

WORKSITE VEHICLES

- ☒ Between trips, clean keys and areas inside vehicles that are often touched. These areas include stick shift, steering wheel, doors and handles, armrests, seat belts, glove boxes, and controllers, dials, and radio buttons.
- ☒ When riding in vehicles with others, stay as far apart as possible. As much as possible, don't ride in a vehicle with members of different workgroups.
- ☒ Everyone should use hand sanitizer before getting in the vehicle and after getting out.

For more information, visit: coronavirus.ohio.gov

- ☒ Travel with windows down, if feasible, for added ventilation.
- ☒ Disinfect fuel pump handles and touch screens with a wipe if possible or use a disposable towel or other covering when handling. Wash or sanitize hands immediately afterward.

To report complaints or apparent violations, complaints against employment services, or for job placement information, please leave a message at the Ohio Department of Job and Family Services farmworker hotline, 1-888-296-7541, and someone will call you back.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

CORONAVIRUS DISEASE 2019

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME
EXCEPT FOR
WORK AND
OTHER NEEDS



WEAR A FACE
COVERING WHEN
GOING OUT



PRACTICE SOCIAL
DISTANCING OF
AT LEAST 6 FEET
FROM OTHERS



SHOP AT
NON-PEAK
HOURS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



COVER YOUR
MOUTH WITH A
TISSUE OR SLEEVE
WHEN COUGHING
OR SNEEZING



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



DON'T WORK
WHEN SICK



CALL BEFORE
VISITING YOUR
DOCTOR